



## Dealing with Weather Emergencies

### Demystifying Water Storage for Emergency Preparedness

BY TAMARA FISH



#### Introduction

In times of crisis, one of the most critical aspects of survival is ensuring an adequate supply of water. While survival guides often emphasize the need to store enough water for a week or more, it's essential to understand what that actually means for your specific situation. In this article, we will break down the calculations to help you determine your family's water storage requirements for a two-week emergency.

#### Understanding the Figures

The figures provided below represent daily water consumption in gallons for different individuals:

- Adults: 1 gallon per day
- Children: 0.5 gallons per day
- Elderly: 1.5 gallons per day
- Infants: 0.3 gallons per day
- Sick or Wounded: 1.2 gallons per day

#### Calculating Your Family's Water Needs

To determine your family's water storage requirements for a two-week emergency, follow these simple calculations:

1. Multiply the Daily Numbers by 14:

- Adults: 1 gallon/day x 14 days = 14 gallons
- Children: 0.5 gallons/day x 14 days = 7 gallons
- Elderly: 1.5 gallons/day x 14 days = 21 gallons
- Infants: 0.3 gallons/day x 14 days = 4.2 gallons
- Sick or Wounded: 1.2 gallons/day x 14 days = 16.8 gallons

2. Add the Calculated Values:

- Total Water Storage Required = 14 gallons + 7 gallons + 21 gallons + 4.2 gallons + 16.8 gallons

#### Conclusion

By following these calculations, you can accurately determine the amount of water your family needs for a two-week emergency. It's important to consider the specific needs of each family member, taking into account factors such as age, health, and vulnerability. Remember, water is not only essential for hydration but also for cooking and sanitation. Being prepared with the right amount of water ensures that your family can weather unforeseen circumstances with resilience. Don't forget about your pets!

#### IN THIS ISSUE

Demystifying Water Storage for Emergency Preparedness  
- Tamara Fish

MO Behavioral Health Strike Team (BHST) Gears UP for Summits in St. Louis and Kansas City  
- Tamara Fish

Spring into Weather Preparedness  
- Heather Osborne

Disaster Preparedness for Everyone  
- Deb Hendricks

Jenn's Jokes  
- In loving memory

# *MO Behavioral Health Strike Team (BHST) Gears Up for Summits in St. Louis and Kansas City*

BY TAMARA FISH

We are excited to bring you the latest developments from the Missouri Behavioral Health Strike Team (BHST). As we strive to foster collaboration and innovation, we are pleased to announce two upcoming BHST Summits that promise to be pivotal moments for our BHST members.

## 1. St. Louis Summit: March 12, 2024

The first BHST Summit is scheduled to take place on March 12, 2024, in St. Louis. This event will serve as a platform for our BHST members to engage in discussions with subject matter experts from Vibrant. Attendees can look forward to insightful presentations, interactive workshops, and networking opportunities aimed at fostering a more integrated and responsive BHST.

Participants will have the chance to contribute to the dialogue, exchange ideas, and work together towards actionable solutions that can positively impact the lives of individuals and communities affected by a mass violence or mass casualty events.

## 2. Kansas City Summit: May 23, 2024

The BHST is thrilled to announce the second summit, scheduled for May 23, 2024, in Kansas City. This event will continue the momentum generated in St. Louis. Our subject matter experts from Vibrant will return and continue to educate on mass violence or mass casualty events. The BHST is dedicated to ensuring that the behavioral health needs of diverse communities across Missouri are recognized and addressed during times of disaster. Both Summits will be valuable opportunities for collaboration, knowledge-sharing, and building a stronger, more resilient BHST infrastructure for Missouri.

### How to Participate:

To attend one of the BHST Summit offerings, please register via the link below. Early registration is encouraged, as space is limited, and these events promise to be highly engaging and informative.

Together, we can build a more responsive and inclusive system that meets the needs of all Missourians in the aftermath of disasters. Thank you for your commitment to the well-being of our communities.

**For further details and access to these summits: [Register Here](#)**

**Or contact:**

**Tamara Fish (She/Her)**

**Crisis and Disaster Response Liaison | Missouri Department of Mental Health**

**Phone 573-526-4475 | [Tamara.fish@dmh.mo.gov](mailto:Tamara.fish@dmh.mo.gov)**



## UPCOMING TRAININGS

### Earthquake Preparedness

February 15, 2024  
Central Office A/B  
In Person / Online



[Register Here](#)

### Storm Spotter Workshop

May 10, 2024  
Central Office A/B  
In Person / Online



[Register Here](#)

### BHST Summits

March 12, 2024 | STL  
May 23, 2024 | KC  
In Person Only



[Register Here](#)

# Spring into Weather Preparedness

BY HEATHER OSBORNE

According to Punxsutawney Phil, we are in for an early spring. However, records indicate Phil has been correct less than 40% of the time since 1887. Regardless of Phil's track record, Spring Equinox is set to occur March 19, 2024. Mark Twain once said, "In the spring I have counted one hundred and thirty-six kinds of weather inside of four and twenty hours." With spring comes the possibility for thunderstorms, floods, and/or tornadoes. Often these leave us with little to no time to prepare. Which makes planning now, ahead of time, the key to being ready. Ways to get ready include the following:

1. Assemble your home emergency preparedness kit. Things to include:

- Battery-powered or hand crank NOAA weather radio
- Battery powered flashlights along with extra batteries
- Blankets and/or sleeping bags
- 3-5 day supply of non-perishable food and water, the Red Cross recommends one gallon per person per day, for drinking and hygiene purposes.
- Personal hygiene items
- Medications
- Extra cash
- Copies of important documents (passports, birth certificates, insurance policies, deed/lease to home, etc.)
- A first aid kit, items recommended by the American Red Cross include:
  - Non-latex gloves
  - Antibiotic ointment
  - Various adhesive bandages
  - Various sterile gauze pads
  - Absorbent compress dressings

This is Punxsutawney Phil's ex-wife, Phyllis, who now lives in Florida and said that Phil is a compulsive liar.



- Adhesive cloth tape
- Travel size aspirin/ibuprofen packets
- Scissors
- Tweezers

2. Make a plan. Create an emergency evacuation/shelter plan. Be sure to include a map of your home with routes to safety for each room and each type of severe weather. Plan on what to do in case you are separated. Choose two places to meet, one right outside of your home in case of a sudden emergency, and another outside of your neighborhood in case you are not able to return home or have to evacuate.

- Choose a contact person outside of the area. Make sure all household members have this person's phone number.
- Practice your emergency evacuation/shelter plans twice a year.
- Don't forget about your furry friends! If you must evacuate, plan for what you will do with your pets. Have a list of "pet friendly" hotels and animal shelters in your surrounding area.

3. Be informed of the risks where you live and work.

- Know the emergency plans for your school or work location. Severe weather can happen anywhere and it is best to be prepared.
- Make sure your family members know the emergency plans for their work or school locations as well.
- Find out ways to receive information from local officials during an emergency.
- Make sure family members know how to turn off the water, gas, and electricity in your home.

**TRAINING  
ALWAYS  
AVAILABLE**

**FEMA ICS 100 & 200  
and 700 & 800 for  
Senior & Exec  
Leadership  
Management Systems  
(NIMS):**

<https://tinyurl.com/NIMS-100>

<https://tinyurl.com/NIMS-200>

<https://tinyurl.com/NIMS-700>

<https://tinyurl.com/FEMA-800>

**Psychological First  
Aid:**

<https://tinyurl.com/PFA-online>

**Trauma-Informed  
Care:**

<https://modmh.thinkific.com/>

**With these tips, you can be prepared for whatever weather comes our way this spring,  
regardless of Phil's accuracy, or lack thereof!**

**(Information from [www.redcross.org](http://www.redcross.org) and [www.cdc.gov](http://www.cdc.gov))**

# Disaster Preparedness for Everyone

BY DEB HENDRICKS



Before you leave on a trip, you spend weeks preparing. You gather together all the items you need to take, based on the location you are heading to. If it's the beach, you'll pack swimsuits and sunscreen; if you're going on a ski trip, it'll be mittens and warm socks. You want to be ready for everything.

If you want to be that prepared for fun moments on the beach or the mountain, the Office of Disaster Services reminds you to also prepare for the moments that are not fun – those that follow disasters – with a disaster safety kit.

This is especially important for families whose members have intellectual or developmental disabilities or other access or functional needs. Think of all family members and what each might need. Everyone will need food and water, so stockpile some bottled water and non-perishable food (don't forget the manual can opener!) in your home's safe room. Just like vacation packing differs depending on your destination, consider what you might need

for differing disasters like winter storms, tornados or spring floods. Then, get specific about each family member. You can put needed medications into an extra backpack, add a weather radio, toiletries, a flashlight, and make sure everyone's medications are included. Think about the items each person needs to stay safe, calm and comfortable. This will be different for everyone so includes specifics that meet their individual needs. Some individuals may need noise-cancelling headphones to help block out sirens and the other noise and confusion of the disaster. There may be a special stuffed friend that keeps one of the family members calm. Include all of these items along with any special medical alerts and/or equipment needs in the safety kit to prepare for disasters.

Disaster preparedness is critical, but it doesn't have to be complicated. Building your family's safety is as easy as packing for vacation. The Office of Disaster Services provides resources for preparedness, like the planning guidebooks ODS is creating for individuals with I/DDs and those that care for them.

**Look for planning resources on our website at**

**<https://dmh.mo.gov/disaster-services/emergency-planning-dd>**

## Jenn's Jokes

IN LOVING MEMORY OF JENN SOVANSKI

Where do sheep go for spring break?  
Why is Yoda such a good gardener?  
What do clouds wear during spring rain showers?



The Baa-hamas.  
He has a green thumb.  
Thunderwear.

**FOR MORE  
INFORMATION**



Missouri Department of  
Mental Health  
Office of Disaster  
Services

1706 East Elm  
P.O. Box 687  
Jefferson City, MO  
65102

573-526-7821

### WEBSITE

<http://dmh.mo.gov/disaster-services>

### SOCIAL MEDIA

Facebook | Twitter  
Instagram | LinkedIn  
@DMHDisaster

**It's allergy season  
again?! You've got  
to be pollen my leg.**

